

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 31	1 4:00 Conditioning 5:00 Lifting 6 ¹⁵ -7 Defense Install	2	3 4:00 Conditioning 5:00 Lifting 6 ¹⁵ -7 Offense Install	4	5 8 ⁰⁰ AM-Speed Train 9 ⁰⁰ AM - Lifting 10 ¹⁵ -11 Kicking Install	6
7 N.B. In the event of an extreme heat wave during camp practices may be re-scheduled to an early	8 8:00 AM Capt Run	9 8:00 AM Capt Run	10 8:00 AM Capt Run	11 8:00 AM Capt Run	12 8:00 AM Capt Run	13 CBW Team Picnic 1 ³⁰ -5 ³⁰ PM @ Lost Acres
14 morning & an early evening time for safety reasons. Fair notice will be provided for planning purposes.	15 CB West Football Camp Begins 7 AM - 6 PM	16 Camp 7A-6P Mtg w/ CBW Football Parents' Club @ 7:30 PM in cafe MANDATORY FOR ALL PARENTS!!!	17 Camp 7 AM - 6 PM	18 Camp 7 AM - 6 PM	19 Report @ 7AM CBW Football Pix 730- 930 @ WMF "O" Polish 10-12 "D" Polish 230-430	20 Scrimmage @ Truman 10 AM
21	22 Camp 7 AM - 11:30 AM Lunch on your own 4:30 PM - 8:30 PM	23 Camp 7 AM - 11:30 AM Lunch on your own 4:30 PM - 8:30 PM	24 Camp 7 AM - 11:30 AM Lunch on your own 4:30 PM - 8:30 PM	25 <i>Teacher In-Svc</i> Camp 7 AM - 11:30 AM "Water Ice Bowl" Lunch on your own 4:30 PM - 7:30 PM	26 <i>Teacher In-Svc</i> Scrimmage v Wood 6 PM Start Report at 1:00 PM	27 Athletic Trainer (as needed)
28	29 First Day of School SOPHS ONLY Practice 2:45-6 PM	30 ALL Students Begin Practice 2:45-6:30 PM	31 Practice 2:45-6:30 PM	1 Practice 2:45-5:30	2 CB West @ Upper Dublin 7 PM	3 Athletic Trainer (as needed)